

## **PS7 Middle School** September 2018



### **Comfort Foods (Line B)**

3	4	5	6	
NO SCHOOL	Broccoli Beef Vegetable Rice	<b>Pizza Day!</b> Pepperoni Cheese	Buffalo Chicken Salad Warmed Flatbread	Street tacos Cilantro Lime Rice
10	11	12	13	
Grilled Cheese Tomato Soup	Carnitas Tostada Refried beans	<b>Pizza Day!</b> Pepperoni Cheese	BBQ Chicken Corn on The Cob Biscuit	Vegetarian Chili Corn Bread
17	18	19	20	
Chicken Fajitas Mexican Style Beans	Whole Grain Penne With Italian Meat Sauce & Garlic Toast	Pizza Day! Pepperoni Cheese	Steak and Cheese Burrito	Minimum Release
24	25	26	27	
Sweet and Sour Chicken w/ Stir Fry Vegetables	BBQ Chicken Corn on The Cob Biscuit	Pizza Day! Pepperoni Cheese	Meatballs & Zesty Marinara Garlic Mashed Potatoes	Chili Dog Tater Tots
	Treat Company		7	

## **Grill Options (Line A)**

Choose**MyPlate**.gov

Monday	Tuesday	Wednesday	Thursday	Friday
Classic Cheese Burger Daily Side Salad Bar	BBQ Chicken Sandwich Daily Side Salad Bar	Pizza Day! Salad Bar	BBQ Rib Sandwich Daily Side Salad Bar	Chicken Parm Sandwich Daily Side Salad Bar

#### Snack Bar (Line C)



Cold Sandwiches & Wraps Made Fresh

**Daily Sandwiches** 

Turkey & Cheese

Ham & Cheese

Tuna Sandwich

Wraps: Rotating Selection

Crispy Chicken Wrap

Deli Wrap

Turkey Wrap



Daily Salad Bar & Condiments

Carrots, Diced Fruit Monday

Jicama, Kale, Fruit Wednesday Tomato & Cucumber, Salad

Beets, Potato Salad Thursday

Tuesday

Friday Carrots & Celery, Spinach



Fresh Food Fast: Packaged for Grab N' Go

Monday Asian Chicken Salad

Tuesday Chopped Chicken Salad

Asian Chicken Salad Wednesday

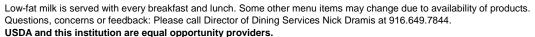
Thursday Chopped Chicken Salad

Asian Chicken Salad

#### Mobile Cart (Line D)

A rotating selection of popular items will be available on our mobile cart









# PS7 Middle School September 2018



### **Breakfast**

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3	4	5	6				
	Build Your Own	Build Your Own	Build Your Own	Build Your Own			
NO SCHOOL	Parfait	Parfait	Parfait	Parfait			
	Yogurt and Muffin	Cinni Rush French Toast	Breakfast Pizza	Breakfast Burrito			
10	11	12	13				
Build Your Own	Build Your Own	Build Your Own	Build Your Own	Build Your Own			
Bagel Bar	Bagel Bar	Bagel Bar	Bagel Bar	Bagel Bar			
Cheese Omelet	Cinni Rush French Toast	Yogurt and Muffin	Sausage Biscuit	Bagel and Cream Chees			
17	18	19	20				
Build Your Own	Build Your Own	Build Your Own	Build Your Own	Build Your Own			
Oatmeal Bar	Oatmeal Bar	Oatmeal Bar	Oatmeal Bar	Oatmeal Bar			
Pancakes	Cheese Omelet	Sausage & Cheese Bagel	Yogurt and Muffin	Breakfast Pizza			
with Syrup Burst							
24	25	26	27				
Build Your Own	Build Your Own	Build Your Own	Build Your Own	Build Your Own			
Bagel Bar	Bagel Bar	Bagel Bar	Bagel Bar	Bagel Bar			
Sausage Biscuit	Cheese Omelet	Pancakes with Syrup Burst	Cinni Rush French Toast	Bagel and Cream Chees			





#### **Meal Prices**

St. HOPE Public Schools is participating in the Community Eligibility Provision for its meals program during the 2018-19 school year.

This means St. HOPE is able to provide one **free breakfast** and one **free lunch** to each enrolled student in attendance during designated meal times each school day as part of the School Breakfast Program and National School Lunch Program.

There is no need for families to apply for this program. Every enrolled student qualifies.

Non-student pricing is \$2.00 for breakfast, and \$3.99 for lunch.

USDA and this institution are equal opportunity providers.